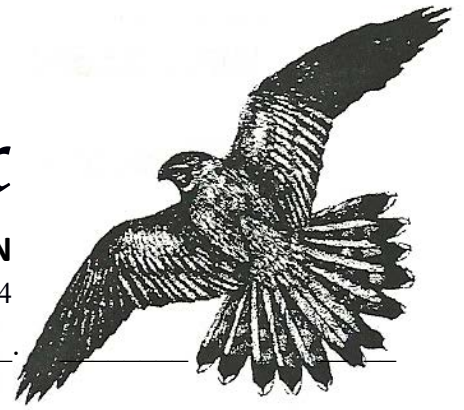


The Gray Hawk

UNIVERSITY OF IOWA RETIREES ASSOCIATION

December 2023 • Vol. XXX, Issue 4



Upcoming UIRA Programming

Dressing for Success in the Winter Wilderness: Practical Tips for Enjoying Iowa's Polar Season

Thursday, November 30, 10:30 a.m.,

Meeting Room A, Coralville Public Library

Chuck Huss is a retired emergency room doctor who was born, raised, and educated in Iowa but developed wanderlust early on.

Remote places, especially cold ones, became a passion. He has worked and played at both Poles, ascended high

mountains on all seven continents, climbed the highest peaks in 36 countries, continues to work part-time as a expedition doctor for a polar adventure travel company and still enjoys ice climbing, cross country skiing, mountaineering, and aerobic outdoor exercise.



Chuck Huss in the Falklands

A Conversation with UI President Barbara Wilson

Monday, December 4, 11:30 a.m. in person in 2520-D University Capitol Center (UCC) and via Zoom

For those attending via Zoom, expect the link on December 2. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.

Dr. Barbara J. Wilson is the 22nd president of the University of Iowa. She earned her bachelor's degree in journalism and master's and PhD degrees in communication arts from the University of Wisconsin-Madison. She came to Iowa having served as the executive vice president/vice president for academic affairs of the University of Illinois System. Prior to that, she served in several administrative positions, including interim chancellor, at the University of Illinois Urbana-Champaign, where she was a member of the communication faculty for 21 years.



Barbara Wilson

Meet Beth Goetz, Iowa's Interim Athletics Director

Monday, December 18, 11:00 a.m. in person in N116 Lindquist Center and via Zoom

For those attending via Zoom, expect the link on December 16. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.

Beth Goetz began her tenure as the interim Henry B. Tippie and Patricia B. Tippie Director of Athletics Chair in August. She joined the staff as deputy director of athletics and COO in September 2022. Goetz has been selected for national leadership duties, including being named to the NCAA Competition Oversight Committee in 2018 and served as vice chair of the NCAA Division I Women's Basketball Committee in 2021. She was named by Women Leaders in College Sports as the 2022 NCAA Division I FBS Nike Executive of the Year and was recognized by the *Indianapolis Business Journal* as one of the publication's 2021 Women of Influence.



Beth Goetz

Saving Your Brain: Dementia Prevention

Wednesday, January 17, 2:00-3:30 p.m., via Zoom

The Zoom link will be sent out on January 15. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.

The risk of developing dementia/Alzheimer's disease can be reduced. Scientific studies suggest that up to 70% of an individual's risk can be reduced; in fact, the Centers for Disease Control and Prevention estimates that 40% or more of all dementia cases in our communities can be prevented. In this lecture, you will learn the basics of dementia prevention.

Dr. Patricia Quinlisk was the medical director and state epidemiologist at the Iowa Department of Public Health for 24 years. She is now semi-retired; continuing to teach at various universities and working on projects such as how to change behaviors to prevent dementia.



Patricia Quinlisk

Upcoming Explorers Walks

Join the Explorers Special Interest Group for an enjoyable hourlong walk:

- **December 14** (Th), 10 a.m., Terry Trueblood Recreation Area, 579 McCollister Blvd, Iowa City. Meet at the event lodge.
- **January 24** (W), 10 a.m., Coral Ridge Mall, 1451 Coral Ridge Ave., Coralville. Meet at the play area inside the mall by Barnes & Noble.

To attend, contact Alice Atkinson, amatkinson@mchsi.com or Lesanne Fliehler, lesanne-fliehler@uiowa.edu.

From UIRA President Deb Cobb

Board, Committee Work Strengthens the Organization

Season's greetings, UIRA friends:

I just returned from a walk at Waterworks Prairie Park, which was organized by the **UIRA Explorers Special Interest Group**. It was a beautiful sunny day in the 60s and our group enjoyed the fresh air, exercise, and camaraderie that this unseasonably warm mid-November day afforded us. I hope you'll consider joining us for future walks (see page 2).

The holiday season is a time to share with family and friends and to reflect on the many blessings in our lives. I'm grateful for our UIRA community and our dedicated Board of Directors. Our current UIRA board members, with their diverse talents and consistent enthusiasm, have taken on initiatives that will greatly improve the UIRA organization. **Having the support of President Wilson and HR** (with Kellie Digmann as our administrative services coordinator) has further strengthened UIRA and its relationship to the university.

UIRA has completed the transition to the new system, greatly improving efficiencies in such items as our web presence, publications, dues collection, and membership rolls. We will continue to update and enhance these operational aspects of UIRA as needed. The **Membership Committee** is actively working on enhancing our membership opportunities, improving communication, and surveying members' interests for future planning. An **ad hoc committee is reviewing the UIRA Bylaws** and will make recommendations for revision. Another committee is working to **standardize and consolidate UIRA's policy and procedural documents**. These collective efforts will improve efficiency and assure that UIRA remains vital and responsive to current and future members, as well as integral to the university.

This edition of *The Gray Hawk* contains many interesting announcements of upcoming UIRA programs, as well as other events and information related to retirees' interests. As always, we welcome your input and participation in UIRA as we strive to remain responsive to the needs of our members.

I wish you all a wonderful holiday season.

Recent Recording

A recording of the second of two health care sessions is available on the web at <https://uira.org.uiowa.edu/news-and-events/events-and-programs/past-events-and-programs>.

■ "Making the Right Health Insurance Decision," Rebecca Olson, Sonatina Fernandes, and Anne Thurston

IOWA

UI Retirees Association Board of Directors 2023-2024 (year term on board expires)

Deb Cobb	President (2025) deborah-cobb@uiowa.edu
Evalyn Van Allen-Shalash	President-Elect (2026) van-allen-shalash@uiowa.edu
Ed Dove	Past President (2024)
Chris Peterson Brus	Secretary (2026)
David Fitzgerald	Treasurer (2024)
Lesanne Fliehler	Editor, <i>The Gray Hawk</i> (2024)
Phil Klein	Webmaster (ex-officio)
Vicki Siefers	Director (2024)
Mike Hovland	Director (2025)
Cathy Wilcox	Director (2025)
Michael Barron	Director (2026)
Lois Cox	Director (2026)
Diana Lundell	Director (2026)
TBD	EFC representative (ex-officio)

The UI Retirees Association maintains a continuous connection to the University of Iowa and supports the interests and welfare of retired University of Iowa faculty and staff members.

Meetings of the Board of Directors are held at 1:00 p.m. on the second Tuesday of the month. Meetings are hybrid (in person at USB and via Zoom).

Contact Info: UI Retirees Association
University Services Building
1 W. Prentiss Street, Iowa City, IA 52240
Email: ui-ra@uiowa.edu
Website: <https://uira.org.uiowa.edu>